

# Mononucleosis

## What is it?

- **Mononucleosis** – a viral infection caused by the Epstein-Barr Virus/EBV

## Symptoms:

- **Symptoms**- fever, sore throat, swollen lymph nodes, especially in the neck, begins slowly with fatigue, headache, weakness, tonsils have a whitish-yellow covering, drowsiness, loss of appetite, muscle stiffness and aches, rash, swollen spleen



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## Recommendations:

- **Avoid**- contact sport to prevent rupturing the spleen



## Facts:

- **Caused by**- kissing, is often spread by saliva and close contact
- **Prevention**- person with mono may be contagious with symptoms and up to a few months afterwards, the virus can live for hours outside the body; avoid sharing utensils or kissing
- **Complications**- hepatitis, inflammation of the testicles/orchitis, hemolytic anemia, Guillain-Barre syndrome, meningitis, seizures, Be;,'s palsy, uncoordinated movements, secondary bacterial throat infection, spleen rupture

## What can I do?

- **See your Health Care Provider**- for more information
  - **Treatment**- drink plenty of fluids, get plenty of rest, gargle with warm salt water to ease the sore throat, take ibuprofen or acetaminophen for fever and pain
  - **Tests & Diagnosis**- physical examination to find swollen lymph nodes in the front and back of the neck, swollen tonsils with a whitish-yellow covering, may be a swollen liver or spleen when pushing on the belly, may be a skin rash; higher WBC/White Blood Count with atypical lymphocytes, abnormal liver function test, monospot test positive for mononucleosis, antibody titer for an acute EBV infection from one that occur in the past

